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Medicaid’s Silver Sneakers Programs

The **SilverSneakers** program is a fitness program designed for older adults, typically those aged 65 and older. It's often included as a benefit in Medicare Advantage plans, but some Medicaid programs may also offer similar benefits.

Overview

SilverSneakers provides members with access to a variety of fitness facilities and classes across the United States. This includes gym

memberships, fitness classes, walking tracks, tennis courts, swimming pools, and even online health education.

Benefits

- **Fitness Classes**: Members can participate in instructor-led fitness classes, both in-person and online.

- **Community Events**: The program often includes community events and social activities to encourage a sense of community among members.

- **Online Resources**: Members have access to on-demand video workouts, fitness apps, and other online resources to help them stay active.

Eligibility

To be eligible for SilverSneakers, you typically need to be enrolled in a qualifying Medicare Advantage plan or, in some cases, a Medicaid program that includes this benefit. You can check your eligibility and find participating locations on the SilverSneakers website.